

# Spend summer at the Y.



Your Outer Banks Family YMCA

3000 South Croatan Highway • 449-8897

## Hours of Operation:

Monday–Friday 5 am–9 pm  
Saturday 8 am–6 pm  
Sunday 1–6 pm

## Outdoor Pool Hours:

Monday–Friday 11 am–8 pm  
Saturday 11 am–6 pm  
Sunday 1–6 pm

YMCA of South Hampton Roads

Summer 2009 - Outer Banks



## Stay active with sports.

Sports are at the heart of all YMCAs. All YMCA sports are played with the belief that everybody who plays wins. Keep the whole family active this summer with these exciting sports programs.

### Little Hitters

Children will grow a love of baseball while learning sportsmanship, team work and self-esteem. No one keeps score and all the players are winners! Member registration begins June 1 and opening day is June 20.  
Ages 3-5  
\$25 Members  
\$55 Prospective Members

### Skate Competition

Join us June 27 at the Skate Park to watch the skaters or compete yourself. All skill levels welcome!

Contact Laura Davis at 252-449-8897 for more information about registration and pricing.

## Destination for summer fun

Keep your family active and healthy all summer long with fun and affordable programs at the YMCA. We have something for every age, including aquatic activities, sports leagues, golf and summer camp.

If you're looking for something close to home, this newsletter is packed with events and activities scheduled at your Outer Banks Family YMCA.

Mark your calendar and make the YMCA your family's summer vacation destination! You'll be glad you did.

## Guest Policy

Members can bring an unlimited number of first-time local guests at no cost; out-of-town guests are \$5 per person per day. Pick up a copy of our complete guest policy at the Member Services desk or [www.obxymca.com](http://www.obxymca.com).

Save time, bring a completed guest registration form when your guest visits so you can start enjoying the Y more quickly! Forms are available in advance at the Member Services desk.



YMCA of South Hampton Roads  
(757) 962-5555 • [ymcashr.org](http://ymcashr.org)

## Create Healthy Habits

Whether you are just getting started, looking to maintain or wanting to advance your fitness level, the YMCA offers the programs you need to meet your goals. Take a six-week journey toward a healthier lifestyle with a Y-Change program.

### June 9

Tuesdays, 10:30 am

### June 22

Mondays, 7 pm

### July 9

Thursdays, 7 pm

### July 28

Tuesdays, 10:30 am

### August 3

Mondays, 7 pm

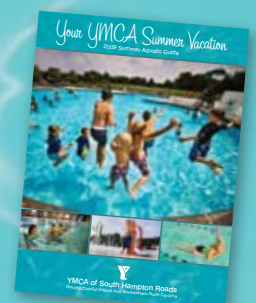
### August 20

Thursdays, 7 pm

## Summer Aquatic Guide

Stay cool by the pool this summer! Lounge poolside at seven outdoor pools while the kids enjoy the spray parks and water toys. You can also keep out of the sun and enjoy lap swim or inflatable water slides at 11 indoor pools. Cookouts and pool parties will be held throughout the summer for you and your family to enjoy!

Find pool hours, event calendars and Swim Lesson schedules for all of our centers in the Summer Aquatic Guide. **Pick up your copy at the Member Services desk or download it at [www.ymcashr.org](http://www.ymcashr.org).**





## Kid Zone

By learning about themselves and others, children learn vital life skills and avenues of expression that they might have otherwise overlooked. Help your child reach his or her full potential with these programs:

### School's Out Special

Let your child spend school holidays participating in fun, structured indoor and outdoor activities such as swimming, arts & crafts, assemblies, value times, sports and field trips. Pre-registration required.

\$25/day Members

\$35/day Prospective Members

June 11 and 12, 7:30 am–6 pm

### Tots-a-Lot

Play time in the pool! Enjoy three days of splashy fun with your child.

Members only; infants to age 5.

September 8–10, noon, \$20

## Parents' Night Out

Enjoy special evenings of activities for children ages 12 months to 12 years, while parents enjoy a night off. Don't wait; space is limited.

### Family Members

Crafts, story time, kid fitness, open gym and plenty of playtime. Registration begins the Friday prior. 2nd Friday of the month, 6:30–10 pm \$5 per child

### Y-Amenity Members

Y-Home guests/owners and Flex Pass participants only. Please register at least a day in advance.

Wednesdays, 6–10 pm

June 3–September 2

Included in amenity membership.

## Family Time

Today's fast paced world provides little opportunity for families to spend quality time together. Do something fun and affordable with your family at the YMCA.

### Family Movie Nights

Save money; bring a pillow and blanket to enjoy a movie on the big screen at the Y. Members only.

4th Saturday of the month, 6:30–9 pm



## ChildWatch

Enjoy a stress-free workout at the YMCA while our staff entertain your children, ages six weeks to eight years, with free activities. Family membership is required.

Monday–Friday 8 am–12:30 pm and 4–8 pm

Saturday 8 am–12:30 pm

## Relax with Massage

Massage Therapy is now available at the Outer Banks Family YMCA! Visit the Member Services desk for rates and schedules today. Pre-registration is required.

